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ABSTRACT

This booklet is part of a series on health instruction developed by the Publications Commission of the School Health Division of the American Association for Health, Physical Education, and Recreation. An aid to teachers, it describes the proper role of sex education in the classroom. The specific aims and objective of sex education for grade levels from kindergarten to fourth grade are included, as are classroom methods and techniques for achieving these goals. Relevant vocabulary words are listed. There are two lists of references; one for students, and one for teachers. Some supplementary teaching aids, including sound films and film strips, are described and their sources listed. Finally, some selected sources for additional information are mentioned. (MH)

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Sex Education

RESOURCE UNIT

GRADES K, 1, 2, 3, 4

PS 002183

PREPARED
by
The American Association for Health
Physical Education and Recreation
1969

FOREWORD

This resource unit is part of a series of units in selected areas of health instruction for specific grade levels. They were developed by the Publications Commission of the School Health Division of the American Association for Health, Physical Education, and Recreation.

They have been designed to help give the teacher direction in classroom activities leading to learning experiences in important health areas.

These materials constitute but a portion of the scope in their specific areas. They are not lesson plans nor are they intended to be a substitute for the initiative and creativity of the teacher.

It is hoped that the teacher will use them imaginatively as teaching guides and that classroom experiences will suggest further avenues of exploration and discovery.

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SEX EDUCATION

Although sex education begins in the home and is the parents' privilege and responsibility, the school has an obligation to expand its curriculum to meet the needs of the child growing up in our rapidly changing society by including experiences that will strengthen character, develop wholesome attitudes, and contribute to the overall development of the individual.

Sex education should be recognized as one area of study in an all-encompassing Health Education Program, and not as a separate entity. The manner of presentation and skill on the part of the individual teacher is as important as the content material.

Physical, mental, emotional, and social growth take place throughout the life span. During the child's primary school years, sequentially appropriate understandings about human sexuality can be added to the curriculum in the following areas:

the child and the wonders of his growing body

the child and his understanding of human reproduction

the child and his ability to function at all ages as a worthy family and peer group member.

In order to improve communication within the home, the school should provide opportunities for parent education as well as that of the children.

A well-developed sex education program must be tailored to meet the needs of the community and the individual students within that community. Since problems vary greatly from Suburbia to the Inner City, a standardized program will not prove effective in all situations.

The program must be sequential in nature, and must have the endorsement of the teachers involved, the administration, the parents, and the community as a whole.

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AIMS AND OBJECTIVES

The following aims are suggested for each of the grade levels, with the understanding that adaptations may be needed for particular community needs.

Kindergarten:

- Know sex differences between girls and boys.
- Acquire direction toward male or female role in adult life.
- Learn correct names for body parts and terms concerned with elimination.
- Understand that human baby develops inside body of mother in uterus.
- Understand baby gets milk from mother's breast by nursing.
- Appreciate that there are good body feelings.
- Learn to recognize signs of love and devotion within family.
- Develop idea of continuity of living things.

First Year:

- Understand egg cell is basic to new life.
- Learn that some animals hatch from eggs and others develop inside body of mother until birth.
- Appreciate wonder of human body.
- Develop sense of responsibility for own body.
- Appreciate efforts of mother and father for family members.
- Recognize influence of emotions on body health.

Second Year:

- Learn that different animals need different amounts of time to get ready to be born.

- Understand that the egg cell does not develop into a baby by itself - the role of the father.

- Understand the process of internal fertilization.

- Learn that some animals are born live tnrough a special opening in the mother's body.

- Recognize that growing up brings responsibility.

- Appreciate importance of mutual love and consideration in family.

- Understand composition of family does not necessarily determine happiness of a family.

Third Year:

- Know that growing up means more than just getting bigger.

- Appreciate the amazing structure and function of major body organs.

- Develop increasing sense of responsibility to self, peer group, and family.

- Understand that each person's unique heredity is determined at moment of fertilization.

- Understand function of gonads and process of menstruation in human reproductive cycle.

- Study life cycles of various animals, including humans.

Fourth Year:

- Learn that certain glands regulate each person's unique pattern of body growth and development.

- Appreciate wonders of circulatory, respiratory, and digestive systems and realize their functional potential is influenced by habits being developed.

- Understand importance of protecting vital body parts from injury, i.e., during sports.

- Appreciate miracle of reproduction and maternal care among various animals, including humans.

- Learn to evaluate responsible and irresponsible behavior in peer and family group relationships.

- Understand menstruation occurs as a natural part of a girl's growing up.

- Understand seminal emissions occur as a natural part of a boy's growing up.

- Learn that although nature readies our bodies for reproduction at puberty, several more years are needed to prepare for marriage and the responsibility of parenthood.

LEARNING EXPERIENCES

Audio-visual aids: to show life, hatching of eggs, the birth of animals, and parental care.

Make charts to help show the similarities and differences in body structure between boys and girls and men and women.

Use correct terminology for all body structures and functions.

Let the class take care of animals, such as rabbits, white mice, or guinea pigs in order to become familiar with all aspects of animal life.

Plan a trip to boys' and girls' bathrooms for the entire class to show how facilities have been designed to best meet body function needs.

Plan a trip to a farm to acquaint children with different animals and their babies.

Plan a trip to the local science museum to view exhibits dealing with different body systems.

Ask a child in the class who has a new sibling in the home to share experiences with the group.

Set up an incubator - - use diagrams from book to show embryonic development during hatching process.

Keep frog spawn in an aquarium, so the children can see sequence of development from egg to tadpole to frog.

Set up aquarium of goldfish and guppies.

Arrange for a trip to the zoo.

Read stories to class about life patterns of various animals.

Develop situations for sharing in the classroom and compare with that of the family at home.

Plan a class or birthday party
Show how committees serve the common good

Have children make up pictures for bulletin board about something they want to remember from classroom sex education discussions.

Have children practice housekeeping tasks in the classroom through play.

Have the children list new ways they can help at home.

Have the children make gifts for the family at different times of the year.

Have the children tell about their pets' litters.

Have the children role-play situations involving conflicts between parents, parents and children, and children themselves.

Have the children role-play using a doll as the baby.

Have the children discuss things they can do to help with the care of the new baby at home.

Have children make up a picture book titled "A Happy Family."

Have children bring pictures from magazines to class which demonstrate parental love and family living.

Have children play-act conversations between men and/or women.

Draw pictures of family activities.

Use diagrams to show organs involved with production of eggs inside mother's body.

Discuss the importance of good behavior when children stay with a grandparent, or babysitter, or teacher.

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Have children observe animals nursing their young.

Have children learn songs about family life.

Have the children "write" a play about family life or a family situation, and then let them present it.

Use sequence drawings by the children, illustrating either a book story or an original story. Fasten the pictures together and make a TV set.

Have the children make charts showing the roles and responsibilities of mothers and fathers.

Draw body outlines of the children on large pieces of paper and toward the end of the school year use to show growth changes.

Use open-end stories.

VOCABULARY

abdomen
age
alive
attract

baby
birth
birth canal
bladder
blood
body
born
bowels
bowel movements
breasts
brother
buttocks

Cesarean section
cells
change
child
conception
congenital
contrast
cord
courtship

defecation
delivery
development
different
discharge

egg
egg cell
embryo

Fallopian tubes
family
father
feces
female
feminine
fertilization
flesh
form
fraternal twins
function

generation
genes
gestation
growth

hamster
hatch
hen
heredity
hospital
human

identical twins
incubator
inherit
intercourse

joined

kissing
kitten

labor
life
living
love

male
mammal
man
masculine
masturbation
mating
menstruation
merge
milk

mother
multiply

names of animals
nature
navel
nest
nipples
nurse

obstetrician
offspring
organs
ova
ovary
oviduct
ovum

pediatrician
penis
placenta
postnatal
pregnant
prenatal
puberty

quadruplets
quintuplets

rectum
renewal
reproduction
reproductive

sac
scrotum
semen
sex
sexual intercourse
shell
Siamese twins
sister
spawn
species
sperm cell
sprain
stethoscope
stomach
survival

testes
testicles
traits
triplets
tube
twins

umbilical cord
union
urinate
urine
uterus

vagina

woman
womb

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SUPPLEMENTARY TEACHING AIDS

16mm SOUND FILMS

Bailey Films, 6509 DeLongpre Ave., Hollywood, Calif. 90028

Kittens: Birth and Growth

B/w -- $60; color -- $120; rental -- $6 (3days) 11 min.

Simple science lesson designed to prepare children for pictures on human growth at a later grade level, and to assist teachers in early grades in a discussion about motherhood. Children in the family are present when a mother cat gives birth to four kittens. They react to birth in a natural manner.

Eggs to Chickens

B/w -- $60; color -- $100; rental -- $6 (3days) 10 min.

Father-mother-baby relationship explained simply. Will help child understand the continuity of living things.

Carousel Films, 1501 Broadway, New York, N.Y. 10036

The Day Life Begins

B/w -- $130 23 min.

This unusual film brings to all students an understanding of the miracle and beauty of the process of reproduction, and traces this process from the division of the one-celled amoeba to the complicated workings of human birth. The diversity of nature is emphasized with scenes showing how various types of animals reproduce their own kind, with actual filmed sequences of the birth of turtles, sea horses, snakes, and puppies. The development of the human embryo at three and six months is shown as well as the important differences between instinctive animal reproduction and the reasoned act of love between human parents.

Churchill Films, 662 N. Robertson Blvd., Los Angeles, Calif. 90069
(Producer: Argus Films)

What Do Fathers Do?

B/w -- $60; color -- $120 11 min.

On a special day Toby learns about some kinds of work that fathers do. On a construction job, besides watching his father, he meets the architect and different workmen. Toby begins to understand how a father's earnings buy the things his whole family wants and needs. Toby discovers that fathers like their work.

Coronet Films, 65 E. South Water Street., Chicago, Ill. 60611

Animal Babies Grow Up

B/w -- $60; color -- $120 11 min.

Puppies and piglets, a colt, and a kangaroo, opossums, woodchucks, snakes, fish, birds, tadpoles, caterpillars, illustrate how animals are born, and the stages they undergo as they develop. Important life science concepts include the extent of care given by the mother, feeding habits of the young; also shows that while some may not look like their parents at birth, all grow up to resemble them.

Farmyard Babies

B/w -- $60; color -- $120 11 min.

Shows a variety of babies of the farmyard - lambs, calves, colts, chickens and others. Teaches answers to: What do farmyard babies look like? What do they sound like? What do they eat?

Growing Up: Pre-Adolescence

B/w -- $60; color -- $120 11 min.

Animation and silhouette photography help to show that growing up is an uneven process which differs between boys and girls varying with individuals and age. The role of the endocrine glands in controlling growth is explained, along with health measures which aid the normal growing process.

Mother Hen's Family

B/w -- $60; color -- $120 11 min.

Beginning concepts of reproduction, growth. Hen lays nine eggs, begins to set. Boy counts days necessary for development of chick embryo within the egg. On day of hatching, shell cracks and baby chick emerges.

Your Body Grows

B/w -- $60; color -- $120 11 min.

Film shows how growth takes place in tiny cells, some dividing, others simply becoming larger. Parts of the body grow at different rates, but growth is regulated by small organs called glands which control the way the body uses the food we eat.

Your Family

B/w -- $60; color -- $120 11 min.

Through mutual understanding, acceptance of responsibilities, cooperation, family achieves unity necessary to happy home. Role of individual in social unit of family.

Zoo Babies

B/w -- $60; color -- $120 11 min.

Do all baby animals look like their parents? How do they get their food? How are they protected? Film answers these questions and others and tells of the relationship of the babies to their patents.

Encyclopaedia Britannica Education Corp., 425 N. Michigan Ave., Chicago, Ill. 60611

Three Little Kittens

B/w 10 min.

This study of the characteristics and habits of cats and kittens traces the development and early experiences of three kittens from birth until they are taken from their mother.

Growing Up Day by Day

B/w -- $60; color -- $120 11 min.

Bill's eighth birthday party leads to questions about how we grow up. Growth is encouraged by good body and health practices, individuals grow at different rates, growth comes in spurts, growing up brings responsibilities for new habits as they are acquired.

Film Associates of California, 11014 Santa Monica Blvd., Los Angeles, Calif. 90025

Farm Babies and Their Mothers

B/w; color 11 min.

Visit to the farm to see animals and their mothers, with real farmyard sounds. Introduces farm animals and their importance to man.

Wild Animal Families

B/w; color 11 min.

Introduces seven animal families. Scenes are in natural habitat. Family relationships stressed.

Zoo Families

B/w; color 10 min.

Tommy takes his mother to the zoo. Tommy is impressed by the care animal mothers take of their babies. Tommy says: "They take care of their babies like you take care of me."

Independent Film Producers Co., P.O. Box 501, Pasadena, Calif., 91102

How Friends Are Made

Color -- $125 10 min.

First in new series in developing improved interpersonal relationships. Everybody could be friends. If everybody was kind, there wouldn't be an unhappy boy or girl in the world.

McGraw-Hill Textfilms, 330 W. 42nd St., New York, N.Y. 10036

Baby Animals

B/w -- $60 10 min.

Degree, nature of parental care, resemblance to parents, general patterns of growth, variation in independence. Some baby animals are hatched from eggs, others born from body of mother.

Moody Institute of Science, Educ. Film Div., 12000 E. Washington Blvd., Whittier, Calif. 90606

Wonder of Reproduction

B/w -- $55; color -- $105 12 min.

In Uncle Bob's aquarium, two boys and a girl see the beautiful Siamese fighting fish building its characteristic bubble nest to house the eggs, the courtship of the male and female, the egg laying and fertilization process, and the hatching of the eggs. In a second aquarium the reproduction process of the Egyptian mouth breeder is witnessed.

Henk Newenhouse, 1825 Willow Rd., Northfield, Ill. 60093

Happy Little Hamsters

B/w -- $80; color -- $150; Rent -- $15 13½ min.

A delightful tale of two hamsters, Naomi and Abdullah, and their litter of eight babies. They are tiny, squirming, and underdeveloped babies that grow rapidly - their skin darkens, lungs develop, fur thickens, eyes and ears form, and they grow strong enough to walk. Later, children take them home for pets and Naomi gets a well-earned rest. The film follows the complete life-cycle of the hamster with narration that is both informative and humorous.

Human and Animal Beginnings

Color -- $150; Rent -- $15 13 min.

This film presents basic information about human reproduction and concepts of the family. Remarkable natural science shots include baby monkeys and mice, newborn guinea pigs and rabbits, time-lapse photography of a hatching chick egg, and fish eggs in which the live embryos are clearly seen. On the human side, there are babies in the hospital nursery and at home with the family, and animated sequences showing prebirth growth and development and birth itself. (Excellent).

Fertilization and Birth

Color -- $125; Rental -- $12.50 10 min.

As a follow-up to the subject introduced in "Human and Animal Beginnings," this film helps the teacher to answer the primary students questions accurately and without embarrassment. Carefully designed for the first three grade levels, the film takes

into account the reaction of children at these levels to the subject matter. An explanation of the reproductive system of fish is followed by a simple presentation of the human reproductive system and its functions; end scenes include birth and suckling of the young in both humans and animals. Nothing distrubing is presented to the child - he will be only interested and fascinated.

SVE (Society for Visual Education), 1345 Diversey Pkwy., Chicago, Ill. 60614
Mike Finds Out About Growing

FILMSTRIPS:

Bailey Films, 6509 De Longpre Ave., Hollywood, Calif. 90028
Story of Birth

Encyclopaedia Britannica Educ. Corp., 425 N. Michigan Ave., Chicago, Ill. 60611
Our New Baby

Eyegate House, Inc., 146-01 Archer Ave., Jamaica, N.Y. 11435
Life Begins - Sex Education (B/w)
Introduces the basic facts of human reproduction to the students in the primary grades. Designed for the early formative years - when attitudes and behavior patterns are forming.

Mrs. Brown's Class Goes to the Zoo (Color)
Planned to enlighten on all phases of reproduction. Includes charts about reproduction in fish and mammals.

The Zoo Trip - "Show and Tell." (Color)
Planned to enlighten on all phases of reproduction. Includes charts on reproduction in different animals and man.

McGraw-Hill Text Film Preview Library, Hightstown, N.J. 08520
Animals and Their Young (30 fr.)

Animals, How They Live and Grow (32 fr.)

SVE, 1345 Diversey Pkwy., Chicago, Ill. 60614
Animal Babies (Color -- $4.75; 31 fr.)
Basic science concepts, principle, Graded captions, artwork.

SLIDES:

Creative Scope, 509 Fifth Ave., New York, N.Y. 10017
How Babies Are Made (Color; 34 slides)
This kit of slides has been created not just to help parents but to strengthen the parent-child relationship by enabling the

basic facts of sex education to be an experience shared by father, mother, and child together.

Denoyer Geppert Co., 5235 Ravenswood Ave., Chicago, Ill.
Family Life and Sex Education
This kit has been prepared to show the relationship of mother, father, and child in the family.

TRANSPARENCIES:

3M Education Press, Box 3100, St. Paul, Minn. 55101
The Family (20 transparencies)
This set describes the role and responsibilities of individuals within the family.

Family Health
This set shows how family members contribute to the health of each other.

Characteristics of Boys and Girls
Lists similarities and differences between boys and girls in appearance, interests, and activities.

Living Things from Living Things
Discovering that all livi things come from other living things.

CHARTS:

A.J. Nystrom Co.
Graphic Health Charts.

American School Health Association, 515 E. Main St., Kent, Ohio
The Family Life Cycle

Scott, Foresman & Co., Glenview, Ill.
Beginning the Human Story: A New Baby in the Family

DOLL:

Creative Playthings, Princeton, N.J.
Anatomical Boy Doll and Girl Doll

CATALOGS:

Denoyer Geppert and Co., 5235 Ravenswood Ave., Chicago, Ill. 60640
Catalog of Classroom Materials for Family Life Programs

SELECTED SOURCES FOR ADDITIONAL ASSISTANCE

American Association for Health,
Physical Education and Recreation
Health Education Division
Health Education Consultant
1201 16th Street, N.W.
Washington, D.C. 20036

American Association of Sex Educators
and Counselors
815 15th Street, N.W.
Washington, D.C. 20005

American Medical Association
Department of Health Education
535 N. Dearborn Street
Chicago, Illinois 60610

American School Health Association
Executive Secretary
515 East Main Street
Kent, Ohio 44240

American Social Health Association
Executive Director
1740 Broadway
New York, New York 10019

The National Council on Family Relations
Executive Officer
1219 University Avenue, S.E.
Minneapolis, Minnesota 55414

School Health Education Study, Inc.
Director
1507 M Street, N.W., Room 800
Washington, D.C. 20005

Sex Information and Education Council
of the United States
Executive Director
1855 Broadway
New York, New York 10023

Local social health associations.

ACKNOWLEDGMENT

Sincere appreciation is given to the ad hoc sex education committee for their contributions to the development of this resource unit. Each member has had extensive experience in teaching sex education effectively in the schools. The committee members were:

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